



Connecting

Creating A New Mental Health Service Delivery System for Our City

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Agencies Unite to Mentor Youth in Summer Employment Program

About two dozen Ward 1 and Ward 7 youth are receiving special attention from DC government agencies to enrich their work experience gained through the Passport to Work Summer Youth Employment Program. The mentoring program, piloted last year in Ward 1 to address increasing violence among youth, provides alternatives to destructive behavior to better prepare them to be productive adults and increase their sense of community. In Ward 1, 12 young people, ages 14-16, are participants and 11 youth, ages 14-15 are working in Ward 7.

"Today's headlines tell the story. Our young people are in trouble," said **Department of Mental Health Director Martha B. Knisley**. "The DMH mentoring program teams are our School Mental Health Program counselors who spent much of the school year helping students handle the effects of violence – whether they were the victims, perpetrators or observers.

"Earlier this year, the SMHP conducted a grief and loss conference, and it is involved in developing the D.C. Children's Grief and Loss Network. We are helping them become resilient so they can achieve their goals.

The reward is seeing a young person's growth. In fact, a young person from last year's program now is supervising others."

The Passport to Work Summer Youth Employment Program is sponsored by Mayor Anthony A. Williams and the Department of Employment Services. It runs from July 12 through August 13, 2004. The participating agencies are Neighborhood Services, the Metropolitan Police Department, Emergency Management Agency and the

Continued on page 5

SAMHSA Administrator Visits DMH/APRA Co-occurring Disorder Training Session

Some of the most challenging needs facing DMH are those of individuals with co-occurring drug/alcohol addiction and mental illness. Because individuals with co-occurring disorders are often system misfits, **Linda Kaufman, DMH Director of Adult Services**, said many people have a tendency to blame them for not fitting our system. So often they were referred to other providers to pass on the responsibility. All of that is beginning to change.

"We are making headway," Ms. Kaufman said about the developments underway to better serve this population.

In June, the Administrator of the Substance Abuse and Mental Health Services Administration (SAMHSA), Charles Curie visited those participating in the co-occurring disorders initiative. Mr. Curie sat in on a training session on screening tools and an orientation for the new trainers, given by the trainers' leadership group for the new trainers.

At the end of his visit, Mr. Curie encouraged Director Knisley and Robert Johnson, Director of APRA, to share this exciting model with their counterparts in the National Association of State Mental Health Program Directors and the National Association of State Alcohol and Drug Abuse Directors.

Continued on page 3



Director Knisley Meets with SAMSA and ABRA Officials

**Message from
Martha B. Knisley, Director**

This summer we are taking stock of progress made since 2001 as we chart our course for the future. We have created the infrastructure for a community-based system of care, almost tripled the number of people enrolled in services, ensured accountability among providers of mental health and residential services, and laid the groundwork for the new St. Elizabeths Hospital building.

So what's next? Fiscal Year 2005 will be the "Year of Improving Practice" in the District's public mental health system. That means addressing the challenging issues of implementing a *true* recovery-based system of care model for adults with serious mental illness and a *true* resilience-based system of care for children and youth with serious emotional disturbance as required by the Court-ordered Plan. The Dixon exit criteria underscore specific service areas as well as overall system and consumer functioning quality levels to be attained.

The DMH Provider Network of Core Service Agencies, specialty providers and sub-specialty providers is strong and experienced in administering services within the Medicaid reimbursement environment. The next step is individualizing services for consumers with their and their families' input to reach their recovery or resilience goals.

The children's and youth system of care development is well underway through DC CINGS (Children Inspired Now Gain Strength), so now we turn our attention to the adult system of care.

A major initiative is restructuring day services delivered in group settings,

Continued on page 4

A Consumer's Path to Recovery

For more than 35 years, Richard Green has been up and down, back and forth and all around in the mental health system. There were plenty of bad days but the good times are here again.

"Before I couldn't get any peace but now I have peace," Mr. Green said about his recovery.

These days, everything is working well for Mr. Green. He's taking his medicine, he's eating right, he's exercising and he has his own place. Since May of this year, he's lost 35 pounds and he is feeling great. Mr. Green also says that his deep spirituality is another reason why he is doing so well.

Over the years, Mr. Green has lost some of his memory but does recall many of the difficult days in his past.



Richard Green

He said, "I'm not ashamed of my life because I have a great, marvelous future."

In this election year, Mr. Green said that he is registered to vote and is looking forward to the opportunity to cast his vote. He also is hoping to find employment this year. In the meantime, Mr. Green said that he would keep himself busy by helping others.

Youth Need More Services After Incarceration

What happens after incarceration was a question asked by youth panelists at the Ward 8 Forum on Juvenile Diversion, "Delinquency and Aftercare Strategies," convened by Councilmember Sandra (Sandy) Allen (D-Ward 8), on June 26. The forum provided an opportunity to propose solutions to the issues of children and youth involved with the juvenile justice system.

Heather McCabe, Associate Deputy Director, Office of Programs and Policy, and Mary Phillips, Director of the Assessment Center, represented DMH. They said that the youth panelists were the highlight of the day. They expressed the need for more services in the community after being discharged from Oak Hill. They also expressed appreciation for the support they are receiving from Covenant House.

The adult panelists shared their vision of helping the youth in the city to live productive and successful lives. Suggestions were made to improve child/youth serving agencies' success at meeting the needs of children/youth and families: 1. They should share financial resources across agencies; and 2. Include families and children/youth in the decision making process.

DC CINGS Represents System of Care in San Francisco

DC CINGS (Children Inspired Now Gain Strength), the District of Columbia's System of Care delegation recently returned from the System of Care Community Meeting in San Francisco. As one of the nationally recognized programs in the country, DC CINGS was selected to present a workshop on, "Providing School Mental Health Services in an Urban System of Care."

Project Director Dr. Nicholas Geleta stated, "Each time we take part in these meetings as System of Care partners, we bring the District one step closer to our goal of improving the quality of life for children and their families in the District of Columbia. I was particularly proud of the contributions made at the conference by our youth delegation."

The DMH youth advisory council, Youth Anticipating Change (YAC), representatives **Lamont Rush, Marn'a Hurt, Sheena Goodwin and Bryan Richardson** co-chaired the workshop with **Olga Acosta, Ph.D.; Jendayo Grady, Ph.D.; and Andrea Burgio-Murphy, Ph.D.** Conference participants agreed that the youth provided an electrified presentation to the audience at the workshop.



Dr. Howard Mabrey discussing the YES Project at the poster session



Family members, Inez P. Scope and Rosa Hamlett discussing family involvement at the poster session

The youth spoke about how the School Mental Health Program and YAC positively affected their lives. Based on the evaluation reports, Dr. Grady believes, "It was compelling that the four youth co-presented in a forum where adults were present. They informed the audience about youth development and school mental health principles in an articulate manner."

Dr. Grady facilitated the second workshop, "The Nuts and Bolts of Designing and Sustaining an Effective Youth Advisory Council," which focused on the logistical and therapeutic requirements to build and sustain a youth council.

Also, the DC CINGS poster entries were "The Importance of Family Involvement in the DC CINGS System of Care" and the "Youth Empowerment Services (YES)" project, led by Dr. Howard Mabry of the Institute for Behavioral Change. The DC message is "Bring Our Children Home for Healing." The YES project is a juvenile justice diversion program. The District of Columbia is the only participating community to implement a YES project concept.

Continued from page 1

Co-occurring Disorder Training

For more than two years, DMH has been working quietly, with the help of two nationally known systems' consultants, Drs. Ken Minkoff and Chris Cline, to build a system of care for people with co-occurring disorders. The Addiction Prevention and Recovery Administration (APRA) and its providers have partnered with DMH and our providers to learn the skills necessary to change our system. Dr. Cline said that DC is making remarkable progress in bringing together the disparate parts of a very broken system into a coherent whole.

As a result of the 2003 Co-Occurring Disorders Charter signed by Mayor Anthony Williams, APRA and DMH are committed to working together to provide seamless services for this population. The DMH Community Services Agency (CSA) has developed a leadership team convened by **Julia Maxwell, Clinical Administrator**, to address the issues and responses for consumers with dual diagnoses.

In addition, over 40 people from dozens of agencies have become part of the train-the-trainer cadre for this initiative. Meeting every other month with the consultants, each trainer becomes a change agent in his or her own agency: assessing the agency's dual diagnosis capabilities, developing a welcoming policy to provide access to their agency and writing a co-occurring disorders work plan.

Continued from page 2
Director's Message

and increasing delivery of community support and specialty services that directly match individual consumers' needs.

Additionally, we are institutionalizing our supported employment and Housing First programs, which will further consumers' recovery goals.

Other initiatives for FY 2005 are delivering acute care in community hospitals and reserving St. Elizabeths Hospital for tertiary care, expanding alternatives to hospitalization and expanding crisis intervention and stabilization through mobile crisis services.

The pace of change has been swift and I appreciate your shared sense of urgency to transform the District's mental health system into a model for the rest of the country.



Staff and friends of St. Elizabeths Hospital were prepared to march in the National Independence Day Parade on July 4 until the parade officials cancelled it. The float accompanying the marchers was sponsored by the SEH Medical Society, and carried the theme of "The Bells are Ringing Again" at SEH. Those few who braved the rain were proud to represent the Hospital in the "attempted" participation in this National parade.

New Face at DMH



Stephen Baker is the new employment specialist in the Division of Adult Services. In this position, Mr.

Baker is responsible for implementing the court-ordered employment services program in collaboration with partner agencies and other stakeholders.

Jeter New DMH Fiscal Officer

New DMH Agency Fiscal Officer Joyce Jeter has big plans for her office and DMH. A balanced budget, financial accountability, and ensuring that all revenues are collected timely are her major goals. Also, Ms. Jeter said that she plans to develop a supportive relationship between DMH and the DC Office of the Chief Financial officer.

Summer Youth at Authority

Passport to Work summer students reported on July 12, 2004 and their assignments are as follows:

Office of the Director

- Latricia Parker

Office of Programs and Policy

- Eunique Wallace
- Phillip Mosley
- Marquis Stephens
- Cody Dodson
- Victor Stephenson
- Shaynae Royal

Office of Accountability

- Erica Robinson
- Dominique Lee

Office of Consumer and Family Affairs

- Dwayne Pinkney

Office of Fiscal and Administrative Services

- Ciara Dunmore
- Kaneka Prophet

What's Up DMH?

Anna Sanders, Contracts Specialist, received her **Certificate of Accomplishment In Acquisition** from the USDA Graduate School on June 18

Gina Douglas, Public Affairs spoke at the June 23 ANC 5A meeting.

Samantha Madhosingh, School Mental Health Program, served as a panelist at "Healing the Hurt" roundtable discussion on June 23. The topic was the effects of loss and grief on teen pregnancy and other teen risk behaviors. Ms. Madhosingh also spoke about this issue with interns at the Children's Defense Fund on July 14.

Corliss Walker and Monica Woodard, School Mental Health Program, and Gina Douglas, Public Affairs, visited with students and staff at Rosedale Recreation Center in Ward 6 on July 12.

Kieva Bankins, Jewel Braxton and Beverly Smith, DC CINGS took balloons and Access HelpLine cards to youth and staff at Ferbee Hope Recreation Center in Ward 8 on July 16.

Ana Chavez and Tedla Giorgis, CSA Multicultural Services, were interviewed for a Washington Post article on serving the needs of non-English-speaking consumers in the District of Columbia. The expected print date is Thursday, July 22, in the District Extra section.



Five Tips for Spurning Spyware and Browser Hijackers

Is your Web browser behaving strangely? Maybe some other search program appears when you try to do a search on Google or MSN Search. Or, even though you've reset your home page, some other site displays. If this is happening to you, you may have inadvertently downloaded spyware. Here are five things to know when it comes to dealing with spyware. Please call the Information Services Help Desk @ (202) 673-7125 if you suspect that your machine is corrupted with these programs so we can help eradicate the problem.



1. **Watch what you download!** If you are uncertain of the program, do not download it!
2. **Beware of freeware programs;** many come with a cost.
3. **Know good cookies from bad cookies.** These little text files have a bad reputation. Cookies actually perform valuable services. For instance, they can shoot you right into a site so you don't have to enter your password.
4. **Warning: The Web bugs are watching.** When you visit a site, a Web bug may watch you. This is a tiny graphic, measuring one pixel by one pixel. It sends information to another computer. Included will be your IP number and the main address of the Web site you visited. That Web site can use the Web bug to transmit other information, your e-mail address to the Web bug's mother computer.
5. **Beef up your security.** What other actions can you take? First, use common sense. If a site offers to download a program, refuse. If it asks to be your home page, say no. And keep Windows updated. You can set more recent versions of Windows to do that automatically. Or open Internet Explorer. Click Tools and Windows Update. Follow the prompts.



Approximately 200 patients, accompanied by staff, enjoyed musical and dance selections at the Peoples Congregational Church, at 1340 13th Street, NW, at an outing in early July. The program was arranged by the **Rehabilitation Services Department of SEH**, and included several professional musicians who donated their time to provide the musical selections. The patients ate their prepared lunches at the Fellowship Hall in the church before returning to the hospital.

New Residents at SEH

New residents at St. Elizabeths Hospital began their four-year residency on July 1.

Anibil Cravchik
Oluyomi Fatarusi
Nesly Heneich
Oxana Jourkiv
Aneela Kaci
Miriam Klein-Stein
Aditi Malik
Diana Martin

Continued from page 1 Summer Youth Employment Program

Departments of Consumer and Regulatory Affairs, Housing and Community Development, Transportation, Public Works, and Health.

"The students are motivated by the program's innovative elements," explained Director Knisley. They are working directly with representatives from the Neighborhood Services Core Teams. Three days a week they accompany a core team representative to observe that employee's tasks and responsibilities. The students participate in Neighborhood Service Core Team meetings and special "junior" core team meetings with Neighborhood Services staff. They also meet the directors of the participating DC government agencies and hear about their experiences. The junior core team emulates the team building, strategic thinking and cooperative, holistic approach to problem solving that characterizes how Neighborhood Services works. Fridays are for field trips related to public administration.

Among the skills to be developed during the program are anger management, money management, communication and life planning.

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Department of Mental Health
64 New York Avenue, NE, 4th Floor
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In his first year at the school, an 8-year-old third grader was brought to the attention of the counseling office when he informed his teacher that he wanted to kill himself. The school counselor immediately contacted the family. Without delay, the grandfather came to the school. He expressed to the school

counselor that he knew his grandson was upset but did not know the extent. The grandfather informed the staff that his daughter, the student's mother was recently incarcerated. It was the first time he had been separated from his mother. The counselor suggested taking the child to the hospital for an immediate risk assessment.

The grandfather was satisfied with the services received at the hospital and the child returned to school. The grandparent was told of the mental health program at the school. A referral was completed and the mental health clinician was assigned to work with the child.

Upon her release, the mother met with the mental health clinician. She was very worried about his thoughts of wanting to kill himself and explained that the family is close knit and that her son can talk to them about anything. The mom was encouraged to maintain communication with her son and to allow him to express his fears and concerns. She appeared relieved that the school had someone who could help her son.

The student was very interested in meeting with the mental health worker. He knew that he had been referred because he said that he wanted to kill himself. He told the mental health worker he did not mean it but was upset because his mother went to jail for a period of time. Also, he admitted to being upset over another abrupt separation he had to contend with.

Throughout the sessions, the area of loss was difficult for the student, especially after learning that he may again be separated from his mother in the near future. He was able to list several family members and school staff he could talk to when upset. He received positive responses from those identified as his social support systems.



Get Ready, Set and Go...

DC Community Services Agency
11th Annual Walk-Run
October 16, 2004

Rock Creek Park

Run: \$20 by Sept. 17, \$25 after
Walk: \$12 by Sept. 17, \$15 after
Register early!

For more information, call John
Graham at 202-671-4013



NAMI's Multicultural Outreach Center is sponsoring the third Annual Mental Health Care Symposium: *African Americans: Facing Mental Illness & Experiencing Recovery*. This event will be held on September 8, 2004 at the Washington Hilton and Towers Hotel as part of NAMI's 25th Anniversary Convention.

Registration is free for NAMI members, and \$35 for non-members.

For more information call (703) 524-7600 or visit the NAMI Web site at www.nami.org.